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**RECREATION TRAILS IN CANADA: A Comment and Bibliography on Trail Development and Use with Special Reference to the Rocky Mountain National Parks and Proposed Great Divide Trail**

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## RECREATION TRAILS IN CANADA

A COMMENT AND BIBLIOGRAPHY  
ON TRAIL DEVELOPMENT AND USE  
WITH SPECIAL REFERENCE TO THE  
ROCKY MOUNTAIN NATIONAL PARKS  
AND PROPOSED GREAT DIVIDE TRAIL

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The rapidly increasing demand for outdoor recreation opportunities in North America is now appreciated by most resource managers. Such demands are especially heavy in areas like the national parks of the Canadian Rockies. In just under 100 years the number of visitors has risen to a point where the environment is hard pressed to sustain this level of use. Human use is particularly concentrated along the road routes and at nearby facilities. However, backcountry recreational activities like hiking, skiing and snowmobiling are increasing in popularity also and, thus, extending man's impact away from the roads into higher and more fragile environments. Such use is being promoted by improvements in facilities and trail information. Many backcountry developments found in Europe and the U.S.A. are now proposed for the park areas of the Canadian Rockies. In particular, ideas for long distance hiking trails like the Appalachian Trail are now being examined in many parts of Canada. In the Rockies, the investigations and enthusiasm of various individuals are now reaching fruition and in the early 1970's the



proposed Great Divide Trail from Mount Robson to Palliser Pass will doubtless become a reality.

While the author fully appreciates the value of such schemes it seems desirable at this initial stage to recognise some potential problems and thereby ensure that trails are planned and developed so as to maximize human satisfaction yet minimize environmental deterioration. In national parks, where efforts are made to preserve or protect the habitat, this matter is even more critical. For example, the proposed Great Divide Trail crosses fragile alpine country where even moderate use may cause damage lasting over 100 years. Such destruction may be spread if people take advantage of the open country to establish new routes roughly parallel to older ones. Apart from the obvious impact on the soil and vegetation there will be the usual problems of garbage, fire and vandalism. Garbage can be especially troublesome in an environment where disintegration is slow and where speedy, frequent clean-ups may not be feasible. As elsewhere a greater respect for, and understanding of, the environment is needed.

If backcountry activities are to be encouraged it is also desirable that those travelling on trails enjoy a worthwhile experience. This may be easily threatened if human use becomes intensive. Whether people enjoy what they term a 'wilderness experience' will often be dependent on the number of other humans they encounter in an area. Likewise the experience will be spoiled for many if the environment shows signs of deterioration or human abuse. Human satisfaction will generally be maximized for backcountry hikers when the country is preserved as natural as possible and when a high degree of solitude is attainable. Experience with long distance hiking routes in places like Sweden, Britain and the U.S.A. could be valuable in the planning and managing of trails.



Attention should be paid to ecological factors, recreational behavior and the maintenance and safety of routes. Trail use and user behavior will have to be regulated. On occasion trails may have to be closed to allow the landscape to recover or because of fire hazard. Restrictions have so far been quite minimal in Canadian parks but in the future, as pressures increase, we should expect regulations, as imposed in other countries, to be applied.

On many, though not all, trails the provision of overnight huts will be desirable. As the present network of such facilities is inadequate some attention must be paid to the financing and operation of these structures. It may well be possible for the National Parks Branch to co-operate with responsible outdoor groups, like the Alpine Club and Canadian Youth Hostels, in providing and managing the huts. In high fragile environments many difficulties are involved in the construction and maintenance of facilities and in their provisioning and sanitation. Again experiences elsewhere can serve as a guide. In Sweden, on some of the longer trails in the mountain parks, the huts are provided and operated by the Swedish Touring Club. They are located at roughly 8 mile intervals with alternate ones being quite substantial. These provide beds, blankets, stoves and fuel, thus allowing hikers to ease their loads and travel further. Students are employed as caretakers during the summer, with provisions mostly being brought in by helicopter or oversnow vehicle in the winter. Although the huts are provided by a club anyone can use them, though members pay a lower nightly fee. Such a scheme might be developed along the Great Divide route, with the Parks Branch reserving the right to retract the privileges of groups that mismanage the facilities.

Not all trails will be used primarily by hikers. Horse riders, cross country skiers and snowmobilers are also demanding access into backcountry areas. Often special trails and facilities are required for such users.



However, many of the above problems will still be encountered along with others like winter hazards and noise pollution. The snowmobile, in particular, may constitute such a threat to the environment, especially in the national parks, that it will have to be banned completely in many areas. Distinctive planning, management and regulation will be required for each of these types of trail and trail user.

To enhance backcountry recreational experiences, and to encourage responsible behavior, interpretive pamphlets and guidebooks should be readily available. In the past such material has been seriously lacking in quantity and quality. The information should be accurate, up to date, attractively presented, yet cheap. Details are needed on routes, facilities, and the history, flora and fauna of the area. Clear indication should be given as to what physical ability is necessary and what clothing and equipment are required. Safety measures and park regulations should be stressed and a brief attempt made to explain the management aims and techniques applied in the area.

Given adequate planning and management of trails and their associated facilities, together with the education and regulation of backcountry travellers, there is no reason why a trail system cannot be developed that will provide many people with excellent recreation experiences yet guarantee the survival of the environment in the long term. It is to be hoped that those responsible for the development of trails and backcountry recreation will recognise the problems involved. As the attached bibliography indicates there is a considerable amount of published material available concerning trail development and use. This should be used and supplemented by past experiences with trails in Canada and elsewhere. It should thus be possible to cope, in an environmentally responsible manner, with the unprecedented demands for backcountry recreation, that will be made, especially in the Rocky Mountain national parks, in the future.





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Although this bibliography has been compiled from various sources over a period of years the reader should note that it is by no means complete. Many general references to wilderness use, trail guides, and short sections on trails in more general articles have had to be omitted. The bibliography should, however, indicate the types of literature on, and facets of, trail development and use. References are in alphabetical order by author within the following groups: Trail Design and Management, Trail Use Studies, Trails in the United States, Trails in Canada, Trails in Europe, Skiing and Snowmobile Trails, Bicycle Trails, and Water and Cave Trails. Any comments or additions to the bibliography will be welcomed by the author.



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